

HEAT ILLNESS PSA HMONG

Koj puas paub tias tsav ntuj kub yuav ua rau neeg rau mob thiab tseem ua rau neeg tsaus muag tau.

Thiv thaiv los ntawm tsav ntuj kub:

- Haus 1 quart dej dawb rau ib xyuab moo twg.
- Tsis txob haus cov dej uas muaj sugar, caffeine los yog alcohol.
- Thiab yuav tsum so rau ntawm qhov chaw muaj dua ntxhoov ntxhoo.

Yuav tsum paub txog cov kev mob tsum sim los ntawm tsav kub:

- Khiv tau hau
- Mob tau hau
- Tsau muag thiav ua tau rau yus qhuav siab nqis dej

Yog koj tau txais kev mob, qhia rau koj qhov chaw ua hauj lwm thiab nriav kev pab kom sai.

Xav paub ntau dua no mus saib rau ntawm www.dir.ca.gov " paub txog koj qhov cai"

Qhov no yog cov lus los ntawm Cal/OSHA kev thiv thaib cov neeg ua hauj lwm.